

Photo by Mike Bullock



LET'S CELEBRATE &
**GIVE THANKS
TOGETHER**

Join us for a
THANKSGIVING LUNCH

November 27th

12:00pm-1:00pm
Cache County Senior Center

MUST RSVP TO ATTEND
CALL OR RSVP AT FRONT DESK
BY NOVEMBER 15TH BY 3:00 PM

Easy Apple Crisp

Author: Jamielyn Nye

This easy apple crisp has a sweet apple base and is topped with a buttery oatmeal streusel topping that's baked to perfection. So comforting and delicious!

Servings: 4

Ingredients:

2 2/3 cups raw apples, peeled and sliced

1/3 lemon, juiced (about 4 teaspoons)

1/4 cup granulated sugar, could sub for 1/4 cup packed brown sugar

2/3 teaspoons ground cinnamon

Topping:

4 Tablespoons butter, cut into 1 inch pieces

1/2 cup all-purpose flour

1/3 cup old fashioned oats

1/4 cup light brown sugar, packed

1/8 teaspoon ground cinnamon

Optional: 1/2 cup chopped nuts and/or coconut

For serving (optional): Vanilla ice cream, whipped cream, caramel sauce

Instructions:

Pre-heat oven to 350°F. Lay sliced apples in a 9×13" baking pan. Toss with lemon juice.

Mix sugar and cinnamon together and then sprinkle over the apples.

In a large bowl, combine the flour and butter with a pastry mixer. Then add in oatmeal, brown sugar and cinnamon. Mix until combined and then crumble over top of the



apples.

Bake for 20 minutes. Remove from oven and top with nuts and coconut (if desired). Bake an additional 10 minutes.

Serve warm with vanilla ice cream or whipped cream. Enjoy!

Note: Make sure to slice your apples pretty thin. If they are too thick, they won't be as soft when they bake. Storing: This dessert tastes best served warm on the first day. Store any leftovers in a covered container for 2-3 days. Reheat in the oven or microwave until warm.

Easy Apple Crisp by I Heart Naptime.
Find full recipe notes and reviews here: <https://www.iheartnaptime.net/apple-crisp-dessert/>

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts., to social service programs, like the Senior Center, and or other medical care. If you are 60 you automatically qualify. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. Please call 755-1720.

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,903.00 a month (\$2,575 for married couples), and your assets are below \$16,660 (\$33,240 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. at 755-1720

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 713-1460.

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Cache County Senior Center, Logan, UT

A 4C 05-1038

Medicare

Medicare Open Enrollment is happening now! It's your chance to review or change your prescription drugs and health coverage for next year. Get a head start by getting a rundown of your 2025 options to see if there's an option that best fits your needs and budget.

You have 2 main ways to get your Medicare coverage — Original Medicare or Medicare Advantage (Medicare-approved plans from private companies). It's important to understand the differences between these 2 options, so keep these things in mind when choosing coverage.

Start at [Medicare.gov](https://www.Medicare.gov), your official source for finding the type of coverage that best fits your needs. If you need more help comparing options: Call 1-800-MEDICARE during the Open Enrollment Period or contact your local State Health Insurance Assistance Program (SHIP); Senior Center 435-755-1720.

NOTE: If you make less than \$22,591 a year (\$30,661 for married couples), it may be worth applying for "Extra Help." Extra Help can pay for your prescription drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Visit ssa.gov/extrahelp or call Social Security at 1-800-772-1213 to apply for Extra Help.

Medicare en Español

¡La Inscripción Abierta de Medicare comienza la próxima semana! Es su oportunidad de revisar o cambiar sus medicamentos recetados y su cobertura de salud para el próximo año. Adelántese al obtener un resumen de sus opciones para 2025 para ver si hay una opción que se adapta mejor a sus necesidades y presupuesto.

Tiene 2 formas principales de obtener su cobertura de Medicare — Medicare Original o Medicare Advantage (planes aprobados por Medicare de compañías privadas). Es importante entender las diferencias entre estas 2 opciones, así que tenga en cuenta estas cosas a la hora de elegir la cobertura.

Comience en [Medicare.gov](https://www.Medicare.gov), su fuente oficial para encontrar el tipo de cobertura que mejor se adapte a sus necesidades. Si necesita más ayuda para comparar opciones:

Llámenos al 1-800-MEDICARE durante el Período de Inscripción Abierta.

Comuníquese con su Programa Estatal de Asistencia con el Seguro Médico (SHIP) local. Visite shiphelp.org para obtener el número de teléfono de su estado.

NOTA: Si gana menos de \$22,591 al año (\$30,661 para parejas casadas), vale la pena solicitar la "Ayuda Adicional". La Ayuda Adicional puede pagar las primas, los deducibles, el coseguro y otros costos de su cobertura de medicamentos recetados (Parte D). Visite ssa.gov/extrahelp o llame al Seguro Social al 1-800-772-1213 para solicitar Ayuda Adicional.

The graphic is a blue-bordered box with a white background. At the top, it says "Medicare Annual Enrollment Period" in large blue letters. Below this, there are three blue boxes representing dates: "OCT 15th", "DEC 7th", and "JAN 1st". A clock icon is positioned between the OCT and DEC boxes, and a calendar icon is between the DEC and JAN boxes. Below the clock icon, it says "Annual Enrollment Period October 15th – December 7th". Below the calendar icon, it says "Coverage Begins January 1st". At the bottom of the graphic, it says "CONSIDER YOUR OPTIONS!" in bold blue letters, followed by "Every year, Medicare beneficiaries can make changes to their coverage during AEP." in smaller blue text.

Movies and Lunch Series



NOW SHOWING

Movies every Tuesday at 1pm

Nov 05: *Grumpy Old Men*
(1993, PG-13, 1h 43m)

Nov 12: *The Pajama Game*
(1957, NR, 1h 41m)

Nov 19: *Fly Me to the Moon*
(2024, PG-13, 2h 11m)

Nov 26: *Tower Heist*
(2012, PG-13, 1h 44m)

NOVEMBER LUNCH SERIES

Unless otherwise specified, these start at 12:10 pm in the cafeteria

- Nov 4: Nutrition w/ Jenna-Cooking Demo @ 1pm
- Nov 5: Easterseals
- Nov 8: Veterans Day Music w/ Mike Bailey
- Nov 15: Communication w/Tim Keady
- Nov 27: Music by Marley

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that Support our
Community!

November 2024

Monday

Tuesday

Wednesday

Thankful

By Mandy Cidlick

*No ghosts or goblins and trick-or-treats,
No candy or flowers for your sweets.
No gifts to buy or presents to give,
Just be **THANKFUL** for the life that you live.*

4

11:00 Bingo
12:10 L&L: Nutrition w/Jenna
12:30 Jeopardy
1:00 Food Demo w/Jenna
1:00 Stepping On (5 of 6)
1:00 Knitting Group

5

9:00 Spanish Class
11:00 Help decorate our Thanksgiving Gratitude Tree
11:30 Silver Sneakers
12:10 L&L: Easterseals
1:00 Movie: Grumpy Old Men (1993)

6

11:00 Tech Class: How to make videos for Facebook

11

Veterans Day
Senior Center Closed



12

9:00 Spanish Class
11:00 Socialization and Mind Fitness
11:30 Silver Sneakers
1:00 Movie: Pajama Game (1957)

13

10:00 Pool Tournament
11:00 Craft Class: Embroidery Hoop Pumpkin (\$2)
1:00 Tech Assistance (by appointment only)

18

11:00 Bingo
12:30 Jeopardy
1:00 Stepping On (6 of 6)

19

9:00 Spanish Class
11:00 Socialization and Mind Fitness
11:30 Silver Sneakers
12:45-3:00 Commodities
1:00 Movie: Fly me to the Moon (2024)

20

11:00 Cooking Class: Pumpkin Risotto (\$2)
1:00 Tech Assistance (by appointment only)
2:00 Book Club: The Midnight Library

25

11:00 Bingo
12:30 Jeopardy



26

9:00 Spanish Class
11:00 Socialization and Mind Fitness
11:30 Silver Sneakers
1:00 Movie: Tower Heist (2012)

27

12:00 Thanksgiving Lunch
Lunch Time Music by Marley

November 2024

Thursday	Friday
	1 10:00 Sewing (\$10) 10:30 Music-making with Boomwhackers 11:00 Blood Pressure 11:00 Stretches & Strength Training 1:00 Tech Assistance (by appointment only)
7 11:00 Poker 11:15 Card-making with Brenda 11:30 Out to Lunch Bunch: Angie's (\$2)	8 10:00 Sewing 11:00 Wii Bowling 11:00 Stretches & Strength Training 12:10 Veterans Day Music w/ Mike Bailey 1:00 Tech Assistance (by appointment only)
14 9:00 Field Trip: Gossner's Cheese and Lazy One Outlet (\$2)	15 10:00 Paint w/Peg (\$3) 10:00 Sewing 11:00 Blood Pressure 11:00 Stretches & Strength 12:10 L&L: Communication w/ Tim Keady 1:00 Native American Beading Class (\$1) 1:00 Tech Assistance (by appointment only)
21 12:30 Craft and Chit Chat (\$3)	22 10:00 Sewing 11:00 Wii Bowling 11:00 Stretches & Strength 1:00 Native American Heritage Month: Food and Medicine from the Land lecture 1:00 Tech Assistance (by appointment only)
28 <i>Senior Center Closed</i>  HAPPY THANKSGIVING!	29 <i>Senior Center Closed</i> 

<u>Daily Activities</u>
8:30-2:30 Computers 8:30 Fitness Room 8:30 Library 12:00-1:00 Lunch 8:30 Pool Tables 8:30-2:30 Quilting
<u>Monday</u> 10:00 Ukulele Class 11:00 Bread & Jam Band 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 Game: Hand & Foot 1:00 Tai Chi
<u>Tuesday</u> 8:30 Ceramics 10:30 Tai Chi 10:30 Writers Group 11:00 Socialization & Mind Fitness 12:30 Mahjong 1:00 Movie
<u>Wednesday</u> 9:45 Chair Yoga 11:00 Line Dancing 1:00 Bobbin Lace Group 1:00 Bridge 1:00 Tai Chi
<u>Thursday</u> 8:30 Ceramics 10:00 Bingocize 10:30 Sit & Be Fit 12:30 Mahjong
<u>Friday</u> 10:00 Painting 10:30 Sewing 11:00 Board Games 1:00 Tai Chi 2:15 Mindfulness Group

Health and Wellness

Eating Healthy During the Holidays with Diabetes

The holiday season is a time of celebration, family gatherings, and plenty of tempting treats, but for older adults living with diabetes, managing food choices can be a challenge. However, enjoying the festivities while maintaining a healthy diet is possible with a little planning and mindfulness. Start by focusing on balanced meals that incorporate lean proteins, whole grains, and plenty of vegetables. Filling up on these nutritious options will help stabilize blood sugar levels and keep you feeling satisfied, making it easier to resist overindulging in sweets or heavy holiday dishes.

Portion control is another key strategy. When surrounded by a variety of delicious foods, it's easy to overeat, which can lead to blood sugar spikes. Try using a smaller plate to manage portion sizes and opt for smaller servings of high-carb or sugary dishes. Be mindful of hidden sugars in sauces, dressings, and drinks, and consider alternatives like sparkling water with a splash of

citrus or herbal teas to keep hydrated without added sugars. Allow yourself to enjoy your favorite holiday foods in moderation, and be sure to check your blood sugar regularly.

Finally, staying active is crucial during the holidays, especially when routines may shift and there are more opportunities to indulge. Simple activities like taking a walk after meals or participating in light exercise can help manage blood sugar levels and improve overall well-being. With thoughtful choices and balance, older adults living with diabetes can enjoy the holiday season while keeping their health on track. Remember, the focus is on savoring both the food and the time spent with loved ones—without compromising your health.

Letter from Director

This month brings opportunities for gratitude, reflection, and connection. We have a variety of activities planned, from holiday celebrations to wellness activities, designed to keep everyone engaged and active. Whether you're joining us for a class, a meal, or just some good company, we're grateful for your presence and look forward to sharing this season with you. Our annual Thankful tree will be displayed, be sure to add a leaf with your expression of gratitude. Please be sure to sign up early for our annual Thanksgiving lunch. We hope you enjoy the Silver Sneaker program. You will notice that the class is now free! We hope to see you there. To celebrate Native American Heritage month, I have shared a beautiful poem with you. Here's to a joyful November together!

-Giselle

Remember

Joy Harjo

Remember the sky that you were born under, know each of the star's stories. Remember the moon, know who she is.

Remember the sun's birth at dawn, that is the strongest point of time. Remember sundown and the giving away to night.

Remember your birth, how your mother struggled to give you form and breath. You are evidence of her life, and her mother's, and hers. Remember your father. He is your life, also. Remember the earth whose skin you are: red earth, black earth, yellow earth, white earth brown earth, we are earth.

Remember the plants, trees, animal life who all have their tribes, their families, their histories, too. Talk to them, listen to them. They are alive poems.

Remember the wind. Remember her voice. She knows the origin of this universe.

Remember you are all people and all people are you.

Remember you are this universe and this universe is you.

Remember all is in motion, is growing, is you.

Remember language comes from this. Remember the dance language is, that life is. Remember.

Cooking and Craft Classes

CACHE COUNTY SENIOR CENTER PRESENTS
PUMPKIN RISOTTO

- WITH KYLIE -

Wed, Nov 20 @ 11am - \$2
Vegetarian/GF



Must RSVP @ Front Desk

NOVEMBER

Join Kylie on Nov 13th at 11:00 am to make a cute embroidery hoop pumpkin!



RSVP at front desk, there is a \$2 fee to craft

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November

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For those 60+ and their spouse the suggested donation is \$4.00 . Don't forget to call in by 3:00 p.m. the day before. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.</p> <p>***Menu is subject to change***</p>				<p>1 Orange Chicken Brown Rice Stir Fry Veggies Mandarin Oranges Egg Roll <i>(Gluten Sensitive)</i></p>
<p>4 Chef's Choice </p>	<p>5 Ecuadorian Chicken & Rice Soup Roasted Vegetables Applesauce <i>(Gluten Sensitive)</i></p>	<p>6 Turkey Pumpkin Chili Corn Bread Honey Glazed Carrots Grapes</p>	<p>7 Meatloaf Mashed Potatoes & Gravy Buttered Peas Peach Crisp</p>	<p>8 Pulled Pork Sandwich Broccoli Salad Watermelon Chips <i>(Gluten Sensitive)</i></p>
<p>11 Center Closed </p>	<p>12 Loaded Baked Potatoes Buttered Broccoli Fruit Cookie <i>(Gluten Sensitive and can be made a Vegetarian Meal)</i></p>	<p>13 Chicken Alfredo Pasta Italian Veggies Garlic Breadsticks Ambrosia Fruit</p>	<p>14 Hawaiian Haystacks Buttered Peas Pineapple <i>(Can be made a Vegetarian Meal)</i></p>	<p>15 German Potato Soup Mixed Veggies Fruit</p>
<p>18 Beef Stroganoff Capri Vegetables Cantaloupe Wheat Roll</p>	<p>19 Swiss Baked Chicken Citrus Couscous Malibu Veggies Spiced Pears</p>	<p>20 Chef's Choice</p>	<p>21 Sloppy Joes Coleslaw Fruit Chips <i>(Gluten Sensitive)</i></p>	<p>22 Chicken Salad Croissant Broccoli Salad Mixed Fruit <i>(Gluten Sensitive Can be made a Vegetarian Meal)</i></p>
<p>25 Pig in a Blanket Mac & Cheese Steamed Broccoli w/ Cheese Pears <i>(Can be made a Vegetarian Meal)</i></p>	<p>26 Beef & Barley Soup Sautéed Vegetables Mixed Fruit Wheat Roll</p>	<p>27 Roast Turkey w/ Stuffing Mashed Potatoes & Gravy Green Beans Cranberry Salad Pumpkin Bar Dinner Roll</p>	<p>28 Closed </p>	<p>29 Closed</p>

Field Trips



Join us for a
FALL FIELD TRIP
W/ HOLIDAY SHOPPING
November 14th, 2024 @ 9:00

- PEPPERIDGE FARM
- GOSSNER'S FOOD
- LAZY ONE OUTLET

RSVP at the front desk, there is a \$2 fee

Let's do
LUNCH

Join us on Thursday,
November 7th @
11:30am for a lunch @
Angie's Restaurant

RSVP @ the front desk, \$2 fee

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Events/Activities

Gratitude Tree

Join us for a thankful activity as we create and decorate our Thanksgiving tree

Tuesday, Nov 5th @ 11am



PAINT WITH PEG

November 15 @ 10 am
 \$3.00 (all supplies included)
 Must sign up at front desk!



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Five things to do to protect yourself online

Your online accounts, computer, and phone hold a lot of your personal, financial, and health information. Information that's valuable to you — and to scammers who try to steal it. Here are five things to do to keep hackers out of your accounts and your personal business.

1. Lock down your online accounts

Your password is the key to all the personal information in your account. Make it long. Avoid common words. And don't re-use it. If it's available on your accounts, turn on multi-factor authentication for an extra layer of security.

2. Secure your home Wi-Fi network

Your wireless network is the hub that connects your devices. To protect it from hackers

- encrypt it
- change your default passwords
- and keep it up to date

3. Protect your computer and phone

Once your home Wi-Fi network is secure, focus on protecting your devices. If you use a computer to go online, make sure your security software, operating system, and Internet browser are up to date. Turn on automatic updates to keep up with the latest protections. Keep your phone up to date, too.

4. Recognize attempts to steal your personal information

Scammers try to trick you into giving them your personal information. They'll pretend they're with an organization you know well — like Apple or Amazon — and make up a reason they need some info from you. They've also impersonated FedEx, the Postal Service, the Social Security Administration, and the FTC.

If you get a phishing email or text message, report it.



5. Back things up

Back up important information you have on your computer and phone. That way, if something does happen, you can recover your information.

TECHNOLOGY ASSISTANCE UPDATE

WE KNOW HOW IMPORTANT IT IS FOR INDIVIDUAL ATTENTION WHEN ANSWERING YOUR QUESTIONS. TECH ASSISTANCE IS MOVING TO SCHEDULED APPOINTMENTS.

15 AND 30 MINUTE APPOINTMENTS ARE AVAILABLE. MUST RESERVE YOUR SPOT WITH THE FRONT DESK

DATES: WEDNESDAY SLOTS ARE 15 MINUTES
FRIDAYS SLOTS ARE 30 MINUTES

SEE CALENDAR FOR AVAILABLE DATES

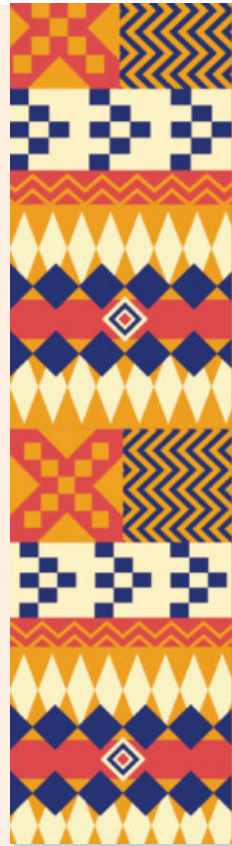
Special Holidays



THANK YOU VETERANS

PATRIOTIC MUSIC BY
MIKE BAILEY AS A
TRIBUTE TO OUR
VETERANS SERVICE

FRIDAY, NOV 8



NATIVE AMERICAN HERITAGE MONTH

Beading Class - Jewelry Making

Nov 15 @ 1:00pm

\$1.00- Must RSVP- Limited Spots

Food and Medicine from the Land

Nov 22 @ 1:00pm

No Cost- Must RSVP

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Activity Sign Up Sheet

Please fill out this activity sheet prior to paying for activities. This will help us tremendously as we process receipts. We appreciate your help in this endeavor. Please place an "X" in the left column and place the dollar amount or N/C (No Cost) in the right column for each activity that you would like to participate in.

October 1st is the first day that all patrons will be able to sign up for activities. Please note: The senior center will no longer be able to offer refunds. You can transfer funds to another activity.

X	Date	Activity	Cost	Total
	11/1	Sewing: Christmas Napkins	\$10.00	
	11/7	Out to Lunch Bunch: Angie's	\$2.00	
	11/13	Craft Class: Embroidery Hoop Pumpkin	\$2.00	
	11/14	Field Trip: Holiday Shopping	\$2.00	
	11/15	Paint w/Peg	\$3.00	
	11/15	Native American Beading Class	\$1.00	
	11/20	Cooking Class: Pumpkin Risotto	\$2.00	
	11/21	Craft & Chit Chat: Wooden Turkey	\$3.00	
	11/22	Native American Food and Medicine from the land lecture	FREE	
		Tech Assistance (by appointment only)		
			Total:	_____

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